

### FIT INDIA MOVEMENT FEEDBACK: NSM, UDAIPUR

- **Duration of the Program (Weekly Basis):** From AUGUST to SEPTEMBER 2020.
- **Coverage:** No. of States/U.T.- 01 Districts: 01, Village- 05 Covered
- **No. of Officials, Youth Volunteers Trained-** 06

Name of Activities conducted	No. of Activities conducted	Types of Physical Fitness Activities undertaken	No. of Families conducted Fitness Activities	No. of Youth Volunteers, Families and others undertook Physical Activities		
				Male	Female	Total
Orientation Awareness, Planning Training	07	Awareness programme on importance of physical & mental fitness	10	14	11	25
Fitness @ Home, Fitness with Family	06	Physical exercise, jogging, yoga, Traditional games, Skipping, cycling	10	14	11	25
Outdoor selected Activities	04	Football, Yoga, Cycling, physical exercise	04	10	0	10
Others, if any						
<b>Grand Total</b>	<b>17</b>		<b>24</b>	<b>38</b>	<b>22</b>	<b>60</b>

Yours sincerely,



(Mrs. Patriot Debbarma)  
Associate NCC Officer  
N. S. Mahavidyalaya, Udaipur